



## Takahki Therapy

Bringing the healing benefits of massage therapy to your community or workplace.

### **DAILY STRETCHING SUPPORT FOR OFFICE & DESK-BASED WORK**

Office and desk-based work often involves prolonged sitting, screen use, and repetitive movements that commonly affect the neck, shoulders, upper back, hips, and hands. Gentle daily stretching supports mobility, reduces tension, and helps prevent injury—especially when paired with massage therapy.

#### **Neck & Eyes**

- Upper trapezius stretch: ear to shoulder, hold 20–30 sec each side
- Eye movement break: look up/down/side-to-side, then focus far away for 20 sec

#### **Shoulders & Upper Back**

- Shoulder blade squeeze: draw shoulders back and down, hold 5 sec x 8–10 reps
- Seated cat–cow: round and open the spine, 5–10 slow reps

#### **Hands, Wrists & Forearms**

- Forearm stretch (palm down), hold 20–30 sec each side
- Thumb stretch: gently pull thumb back and across palm, hold 10–15 sec

#### **Hips & Legs**

- Seated hip flexor stretch: stagger stance in chair, lean forward slightly, hold 20–30 sec
- Seated figure 4 hip stretch: ankle over opposite knee, hinge forward gently, hold 20–30 sec
- Seated hamstring stretch: extend leg, hinge forward gently, hold 20–30 sec

#### **Bring Healing-Focused Care to Your Workplace**

Takahki Therapy offers on-site massage therapy for workplaces and wellness events, supporting stress reduction, injury prevention, and overall well-being.

**For booking and wellness events:** [takahkitherapy@gmail.com](mailto:takahkitherapy@gmail.com)